



National Nutrient Database for Standard Reference
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Statistics Report 35225, Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	34.00	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	470	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1964	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	9.00	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	43.50	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	3.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	10.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Iron, Fe ¹	mg	0.20	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg ¹	mg	16	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P ¹	mg	134	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K ¹	mg	206	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na ¹	mg	24	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn ¹	mg	0.47	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu ¹	mg	0.030	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Thiamin ¹	mg	0.060	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.060	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin ¹	mg	1.430	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, RAE	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2012
Vitamin A, IU ¹	IU	257	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin E (alpha-tocopherol) ¹	mg	4.00	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Lipids													
Fatty acids, total saturated ¹	g	8.600	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total monounsaturated ¹	g	15.600	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated ¹	g	17.300	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated ¹	g	16.100	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.500	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
Cholesterol ¹	mg	26	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Amino Acids

Other

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993